

I. *Effects of body upon the mind.*

1. Tired pupils cannot pay attention.
2. Uncomfortable pupils cannot pay attention.
3. Poor light or ventilation distracts attention.
4. Bright light or colors produce nervousness.
5. Nervous pupils are quick-tempered.
6. Over-eating or lack of food causes mental inaction.
7. Stimulants make people easily excited.
8. Narcotics make people dull and uninterested.
9. Poor sight or hearing explains the pupil's poor progress.

II. *Effects of mind upon body.*

1. Excitement produces nervousness.
2. Worry or grief produces weakness or pain.
3. A happy nature usually indicates good health.
4. A sound mind is usually in a sound body.
5. Fright produces paleness and fainting.
6. Purity of thought gives purity of life.
7. Brave men walk erect.
8. The criminal sulks and sneaks.

III. *Temperaments.*

As to temperaments, there are two broad classes of pupils, the *motor* and the *sensory*.

I. *Motor.*

<i>Temperament.</i>	<i>Effect.</i>
Quick, eager, alert; quick temper; fickleness; learn rapidly. Girls in majority.	Jump at conclusions; lack perseverance. Do not retain well.

II. *Sensory.*

Passive; slow to respond. Look at all sides of questions. Inclined to be timid. Boys in majority.	Conclusions slower and saner. Greater tenacity. Less attractive than "motor."
---	---